

All complete meals Free  
throughout the 2021-22  
school year!

# JUNE 2022 PREP LUNCH MENU

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
Hot Dog Bar with Chili  
French Fries  
JET'S Pizza Day!

**2**  
Cheese Ravioli  
Garlic Breadstick  
MICHIGAN BROCCOLI

**3**  
General Tso Chicken  
w/ rice and Stir-fried  
Veggies & Eggroll

**6** Popcorn Chicken  
Bowl  
JET'S PIZZA DAY!

**7** Beef or Chicken  
and Cheese Nachos w/  
MICHIGAN SALAD GREENS  
Refried Bean

**8** Greek Gyros  
Rice Pilaf  
JET'S Pizza Day!

**9** Pasta w/ Meatsauce  
Garlic Breadstick  
MICHIGAN BROCCOLI

**10** Orange Chicken  
w/ rice and Stir-fried Veggies  
and Egg Roll

**13**  
JET'S PIZZA DAY!  
C

**14-17**

FINAL EXAMS! NO LUNCH!



HAPPY SUMMER!



All meals include Proteins & whole grains  
At least 3/4 cup fruits and veggies and  
1% white or chocolate milk

248.341.5671



## DAILY LUNCH OPTIONS!

MONDAY - CHEESE, VEGGIE OR PEPPERONI PIZZA  
TUESDAY - CHICKEN PATTY SANDWICH  
WEDNESDAY - CHEESEBURGER OR VEGGIE BURGER  
THURSDAY - CHICKEN TENDERS  
FRIDAY - JET'S CHEESE, VEGGIE OR PEPPERONI PIZZA

ALL MEALS INCLUDE FRUIT AND VEGGIE OF THE DAY AND 1% WHITE OR CHOCOLATE MILK

All Beef Hot Dog: All beef hot dog to served on a whole grain bun

Popcorn Chicken Bowl : Lightly breaded crispy chicken bites served over creamy mashed potatoes, corn and gravy

Jet's Pizza: deep dish cheese, pepperoni or veggie pizza filled with marinara sauce and topped with mozzarella cheese

Bosco Cheese Sticks: Whole grain bread sticks filled with mozzarella cheeses, baked and topped with parmesan cheese, served with marinara sauce

Chicken Tenders: Lightly breaded white meat crispy chicken, served with homemade roll and butter

Chicken Patty Sandwich: lightly breaded white meat chicken on a whole grain bun with French Fries offered on the side as a Vegetable

Fiesta Bar: Crispy Corn Tortilla Chips or soft shell tacos topped with chicken or beef and cheese. Michigan Lettuce, rice, beans and optional toppings served on the side.

Grilled Cheese and Tomato Soup: Crispy grilled sandwich stuffed with American cheeses and served with creamy tomato soup.

### Burgers

All Beef Patty with our without American Cheese. Served on a WG Bun with French Fries offered on the Side as a Vegetable

Fresh Fruit Yogurt Parfait: Layers of vanilla Yogurt, Fresh Fruit and Granola, ready to eat!

Vegan Hummus Plate: Hummus cup, pita chips, baby carrots, celery sticks and (nut free) sunflower seeds, Ready to eat!

Chicken Caesar Salad: Romaine lettuce, all natural white meat chicken, parmesan cheese, croutons, Caesar dressing and a muffin

Orange Chicken: Lightly breaded white meat crispy chicken, tossed with tangy orange sauce and served over brown rice with an egg roll

Cheese Ravioli: Cheese stuffed Ravioli with Marinara Sauce served with garlic bread

**MENU SUBJECT TO CHANGE WITHOUT NOTICE  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY  
PROVIDER**

## BREAKFAST

**Assorted Breakfasts available daily including Fresh Bagels, Pop Tarts, Breakfast Breads, WG Donuts and much, much more!**

**All breakfasts include a 1/2 cup of Michigan fruit, juice and a 1% white or chocolate milk**

**Join us in learning about**

**Michigan Produce!**

**Including but not limited to Carrots, Blueberries, Apples, Salad Greens, Sweet Potatoes and Root Vegetable Medley**

**Michigan Fruit or Veggie offered Daily with every meal!**



Gluten Free option available per medical request- preorder required



Vegetarian and Dairy Free options available - preorder required

